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NEWS
WORTH
SHARING.



Doing the right thing

Speedskater dropped out of race to make room for teammate Denny Morrison, who won silver

PAGE 24



THREE TO WATCH IN SOCHI

- 12 p.m. It begins! Sidney Crosby and the rest of Team Canada open their Olympic title defence against Norway.
- 7:05 a.m. Marianne St-Gelais — who won silver in Vancouver — could be racing for another medal at the short track in the women's 500-metres.
- 9 a.m. Christine Nesbitt races in the women's 1,000-metres. She's a three-time world champion, and the reigning Olympic champion in that distance.

GREG DOWNS/FOR METRO

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Will you be his valentine?



Sam Chen, a.k.a. "Flower Boy," will be delivering 200 flowers to strangers around Ottawa this Valentine's Day. LUCY SCHOLEY/METRO

Flower Boy.

Carleton student to fan out with friends to bring flowery cheer to lonely hearts



LUCY SCHOLEY
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Sam Chen says he suffered a broken heart one Valentine's Day in high school, so he started handing out roses to strangers in Toronto.

Seven years later, the Carleton University student is over the rejection, but has kept up the tradition. Saying he wants to make Ottawa "a more loveable city," Chen is enlisting a fleet of fellow flower boys and flower girls this Valentine's Day.

Five florist shops are donating a combined 200 buds and Cycle Salvation has pitched in with bicycles to ease flower delivery downtown and on university campuses. About 10 to 20 volunteers are pitching in, plus other businesses.

"It's an amazing feeling," said the 21-year-old communi-

Why he gives

"It's an amazing feeling."

Sam Chen, on his random act of flower sharing.

cations and business major, about the floral philanthropy. "People don't expect it."

Reactions range from happy to indifferent, but either way, Chen said he wants to "promote anti-depression" on a day that people tend to feel bummed out.

"We are the city that cares," he said. "I want to make sure that we can show this off come Valentine's Day."

Ellen Finigan, co-owner of Orchid Florist and Boutique, said she liked the sound of Chen's plan, but it's also an important opportunity to promote small flower shops.

"They're a dying breed," she said. "So a little bit extra out there, in whatever media format, that reminds people of a small shop and the importance of flowers and how wonderful they can make people feel is an important thing."

So this Friday, if you look like a single Ottawan, you might just be gifted a rose.



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Cameras urged on bus stop arms

City hall. Student transportation body applauds councillor's motion to reduce dangerous driving around school vehicles



TREVOR GREENWAY
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A city councillor's push to install cameras on the stop arms of school buses is an initiative that will lead to "safer busing for students," according to the Ottawa Student Transportation Authority (OSTA).

Cumberland Ward Coun. Stephen Blais tabled a motion Wednesday asking Ontario's Transportation Ministry to amend the Highway Traffic Act to permit cameras on the stop arms of school buses.

It's an effort to cut down on motorists dangerously whizzing past kids disembarking from buses before and after school. Blais said those who don't pay attention to school-bus stop signs commit "egregious violations with poten-

tially fatal consequences."

"Children are society's most vulnerable and their safety and security is paramount," he said during a city council meeting Wednesday morning.

"Cameras on stop arms of school buses are an excellent traffic-enforcement mechanism for catching motorists that illegally overtake school buses."

OSTA general manager Vicky Kyriaco was thrilled to hear about the initiative and called it a "decisive and proactive" measure to tackle speeding motorists.

While the transportation authority trains new riders every year on bus safety, boarding and disembarking from buses can still be dangerous.

"We are trying to educate students as well so that they can have a role in their own safety," said Kyriaco. "But the fact is that drivers who aren't paying attention can very well cause an accident and hurt a child, so we are very interested in any kind of mitigation for that."

Ottawa city council will debate the subject at its next meeting in two weeks.



The City of Ottawa is making a plea to the province's transportation ministry to allow traffic cameras on school bus stop arms for increased safety. MARIO TAMA/GETTY IMAGES

City hangs up clubs, exits golf business



A screen shot from the Pine View website. PINEVIEW.COM

The City of Ottawa has played its last round of golf.

It was announced Wednesday that the city would be terminating its agreement with the Pine View Municipal Golf Course, as the fairway has been consistently losing money.

Mayor Jim Watson said he can't justify spending tax money on a failing golf club.

"I don't believe it's a good use of our tax dollars to subsid-

ize a golf course when other options are available," he said, adding that Ottawa has the most golf courses per capita in the province.

"We are ensuring that we aren't going to continue to see annual losses for the taxpayers and we are going to have the private sector run the particular course."

The plan to get rid of the golf course has been in the works for some time, as for-

mer auditor general Alain Lalonde called for a full review of the operation's governance structure in 2011.

That review led the course's landowner, the National Capital Commission, to send out a request for proposals to try to draw in a prospective buyer.

With a proponent now on board, the city is ready to hand over operations. The city has racked up \$1.5 million in debt with the club, and Rideau-

Goulbourn Coun. Scott Mofatt, who chairs Pine View's board, said if the city doesn't exit the golf business now that debt could multiply.

"There is a current inability to make money and (the golf course) is missing some key components," he said, referring to a driving range and practice facility. "It really can't be competitive in the business without those elements."

TREVOR GREENWAY/METRO

1 NEWS

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Accuracy of RCMP transcripts questioned in Sher terror trial

Whose line is it?

Poor quality of audio recording raises red flags for defence



JOE LOFARO
joe.lofaro@metronews.ca

The RCMP misidentified an accused man's voice in a secretly recorded conversation that allegedly involved homemade bombs and potential targets of a terrorist attack, a defence lawyer argued Wednesday.

The case against Dr. Khurram Syed Sher revolves around dozens of pages of transcripts from a July 20, 2010, meeting between him and his two alleged co-conspirators in Ottawa.

But Sher's lawyer, Michael Edelson, challenged the accuracy of Det. Mireille Clement's transcripts of the audio recording, which were edited three times in the past three years.

Clement admitted Wednesday

that "it is sometimes difficult" to identify the speaker due to poor audio quality, but said she used better computer technology in the most recent revision last month.

"If they spoke on top of each other, I would have problems," said Clement, but added, "I've been involved with (the investigation) for the past three years. I've heard his voice on and on and on."

Sher, 31, has pleaded not guilty to conspiring to facilitate terrorist activity. The two co-accused cannot be named due to a publication ban.

The Crown alleges its evidence suggests it was Sher who said that night he could

Reasonable doubt?

"The process by which she ended up with the final version is of importance.... We are, in effect, relying on her opinion."

Dr. Khurram Sher's lawyer, Michael Edelson

purchase items at a hardware store "to build a bomb" and mentioned the Canadian Forces base in Trenton, Ont., as a potential target.

But Edelson argued Wednesday that Clement misidentified Sher's voice in two segments of the 70-minute recording and often struggled with the dialogue, as shown by the insertions of "inaudible" throughout the transcript.

"This is the heart of the case against my client," said Edelson.

Although Clement made three revisions to the transcript, she told the court she overwrote new changes to the document and "shredded" previous drafts in her office.

In cross-examination, Edelson said the evolution of the transcript is a core element of the trial.

"The process by which she ended up with the final version is of importance," said Edelson. "We are, in effect, relying on her opinion."

The trial continues Thursday.



Khurram Syed Sher, right, arrives to face trial on a terrorism charge at the Ottawa court house on Monday. The man, who once auditioned for Canadian Idol, has pleaded not guilty. Sher, a doctor of pathology from London, Ont., is being tried by judge alone in Ontario Superior Court. FRED CHARTRAND/THE CANADIAN PRESS



A worker installs solar panels on one of Ottawa Renewable Energy Co-op's rooftop solar panel projects. COURTESY GUILLAUME BOUCHARD

Panel to discuss local 'social finance'

Investment and social progress don't often get put in the same sentence, but advocates of "social finance" will hold a panel discussion Thursday about the movement and the role it has in shaping local investments that matter to them.

One of the speakers, Ottawa-based lawyer George Brown, will talk about the movement from an Ottawa perspective

and why residents should care.

"Many (residents) are right now looking at tax time and the returns on their investment portfolio and some of them are not too happy," he said Wednesday. "So this is an opportunity to do an alternative investment that gives them potentially good returns."

He describes "impact investing" as using finance tools

to solve community problems. One recent example of this is the solar panel roof project installed on Collège catholique Samuel-Genest in the east end.

The Ottawa Renewable Energy Co-op (OREC), the host of Thursday's talk along with Invest Ottawa, said the green roof will generate about \$65,000 of revenue every year and the energy created will

help power the community around the school.

"Everyone would agree that renewable energy is a good thing, (but) businesses or co-ops need to raise money to do this with investors," said Brown.

The panel will be held at Invest Ottawa headquarters at 80 Aberdeen St. from 5:30 p.m. to 7 p.m.

JOE LOFARO/METRO

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New development.

La Bottega to open another shop in Little Italy condo

Pat Nicastro can't help but use the word "new" to describe La Bottega's soon-to-be second location.

But it's a fitting description, considering the Italian café and grocer will open in the bottom floor of a brand-new condo development on the outskirts of Little Italy. Its name: La Bottega Nuovo, which means "new."

"I know I'm stressing that brand-new," said the co-owner of the ByWard Market shop. "It's just, being in the market is so tough. We're a heritage business. We're limited in what we can do ... It's so nice to start off from a fresh slate."

La Bottega has partnered with Domicile, a condo developer planning an 18-storey building on Pamilla and Rochester streets, on the outskirts

of Little Italy. This type of partnership is a first for La Bottega, which will celebrate its 20th anniversary next year. The deli is also co-owned by Rocco Nicastro, Pat's cousin.

They're not leaving the ByWard Market venue — just bringing a little bit of Italy to the condo development.

The \$50-million project will consist of 117 residential units atop the Italian deli. It will be roughly the same size as its ByWard location — 5,000-square-feet — but with more of a sit-down café area.

David Chick, the senior vice-president of Domicile, said the new La Bottega location will fill a void in the area.

"We know the people in Little Italy and the BIA, they'd like to have more services in terms of groceries," he said. "We felt this would be a nice compliment, not only for the community, but our own owners in our new project."

The condo development is due to be completed in 2016.

LUCY SCHOLEY/METRO



Pat, left, and Rocco Nicastro, owners of La Bottega, stand beside a design of a new Domicile condo development slated for Little Italy. A second La Bottega deli will open on the bottom floor. LUCY SCHOLEY/METRO

City gives condo project green light



Council approved a zoning change for this eight-unit, four-storey condo for Greenfield Avenue. COURTESY CITY OF OTTAWA

Neighbours on Greenfield Avenue should expect to see a new four-storey apartment complex rise in the community, as Ottawa City Council approved a zoning change to allow the project to move forward Wednesday.

Council voted in favour of the eight-unit housing complex at 99 Greenfield Avenue, despite Capital Ward Coun. David Chernushenko's plea for his cohorts to turn the project down.

Chernushenko argued that there have been way too many variance requests by the developers, as the building keeps getting wider and taller and he worries the city is bending too much for the project.

"This development could take everything that might be available to it," he argued during a council meeting at city hall, adding that landscaping spills out onto other people's property.

"I am left wondering what we are ever going to say no to. The precedent we continue to set is, ask for

Quoted

"I am left wondering what we are ever going to say no to. The precedent we continue to set is, ask for the world and you'll get it. Or you will get it with a few little changes added."

Coun. David Chernushenko, who pleaded for his cohorts to turn the project down.

the world and you'll get it. Or you will get it with a few little changes added."

The development project requested a total of 17 variances — asking for allowances on wider driveways, smaller road setbacks and parking spaces. Chernushenko thinks it's too much.

"I believe it continues to set the tone that an infill development, because it is infill, because it's in a challenging site, should necessarily get whatever is asked for," added Chernushenko.

TREVOR GREENWAY/METRO



Eye on the net

Eric Kibi attempts a shot as Shamus Ferguson of the Mississauga Power defends the net during the first quarter of Wednesday's NBL Canada basketball game at the Canadian Tire Centre in Ottawa.

MIKE CARROCCETTO/FOR METRO

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No injuries. Firefighters battle blaze close to home as truck, building ignite

Ottawa firefighters didn't have to travel far to fight a blaze that engulfed a five-ton truck Wednesday morning.

The vehicle in question was located behind the Ottawa Fire Services training centre and fire station No. 36 on Industrial Avenue.

Crews responded to a call at 10:45 a.m. By that time, the fire had spread from the vehicle to a nearby dumpster and then a four-storey resi-

Damages

\$180K

Damages are estimated at \$160,000 to the truck and \$20,000 to the building.

dential building under construction at Everest Private, which runs between Russell Road and St. Laurent.

Crews had the fire under control by about 11 a.m.

Damages are estimated at \$160,000 to the truck and \$20,000 to the building.

There were no reported injuries.

LUCY SCHOLEY/METRO

The spark

The cause is still under investigation.



A fire gutted a five-ton truck near an Ottawa fire station on Industrial Avenue on Wednesday morning. CONTRIBUTED



Ottawa Winter Jazz Festival to heat up cold capital

Hot southern jazz is on its way for the Valentine's Day weekend. The Ottawa Winter Jazz Festival is back for its third edition, with the Blind Boys of Alabama, pictured above, headlining. Other international jazz acts like the Grace Kelly Quintet and the Sicilian Jazz Project will play at venues throughout the final weekend of Winterlude, Feb. 14-16. To buy tickets or learn more, visit ottawajazzfestival.com. TORSTAR NEWS SERVICE

Young Gun aimed right at Renfrew

Brett Kissel on his way. Juno-nominated country star to put on benefit for Kidney Foundation

TREVOR GREENWAY
trevor.greenway@metronews.ca

When his grandma gave him an old guitar as he turned six, Brett Kissel had no idea strumming could take him to sold-out venues, stadiums and the 2014 Juno Awards.

The 23-year-old Flat Lake,

Alta., native scored two Juno nominations this year for breakthrough artist of the year and country album of the year for his debut album, *Started with a Song*.

Although the emerging country star hasn't been around all that long, he writes about what he knows.

"Being 23, it's sometimes a little bit difficult to write songs, because I haven't had a lot of experiences," said Kissel from Edmonton, his current stop on his nationwide Young Guns tour.

"You think of the typical country hurtin' songs or be-



Brett Kissel COURTESY MARGARET MALANDRUCCOLO

only know about young love and partying."

About 100,000 people have watched Kissel's YouTube plea for NHL hockey to resume after last year's lock-

out with his song *Hockey, Please Come Back*.

He won two Alberta Country Music Awards this year and his single *Started With A Song* became a Top 5 radio hit.

Kissel's tour is making its way east to Renfrew for the Shake the Foundation benefit concert, in support of the Kidney Foundation of Canada and the Renfrew Victoria Hospital Foundation.

It's a show that "hits close to home" for Kissel, whose uncle died of kidney failure.

Kissel invades Renfrew on March 1.

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Georgia tells Games fans to keep out of Abkhazia

Breakaway territory.

The region remains a sticking point between the country and Russia

Georgia on Wednesday called on foreign visitors to the Winter Olympics to keep out of Abkhazia, a Russia-aligned breakaway territory just south of Sochi along the Black Sea coast.

The International Olympic Committee, however, said there was no reason not to go to Abkhazia.

Abkhazia declared independence shortly after Russian forces crushed the Georgian army in a brief 2008 war, but most of the world still considers it Georgian territory. Only Russia, Venezuela, Nicaragua and two Pacific island nations have recognized Abkhazia as an independent country.

Russia's attempts to facilitate travel across its border with Abkhazia, only five kilometres (three miles) south of Olympic venues, was "a provo-

cation aimed at undermining the sovereignty and territorial integrity of Georgia" and "misleading foreign citizens," the Georgian Foreign Ministry said in a statement.

Asked the IOC's view on Olympics visitors going to Abkhazia, IOC spokesman Mark Adams said "why not."

"The talks and exchanges between the two governments, that's entirely been to the two governments," he said. "In terms of going to Abkhazia ... well if it's safe, people will go there." **THE ASSOCIATED PRESS**

Talks

Russian President Vladimir Putin said Monday that he hoped the Games would help to mend fences and expressed a willingness to meet with his Georgian counterpart.

- The Georgian government responded positively.



Belgium expected to pass bid for child euthanasia

Belgian politicians assemble at the Belgian federal parliament in Brussels, Wednesday. Belgium, one of the very few countries where euthanasia is legal, is expected to take the unprecedented step this week of abolishing age restrictions on who can ask to be put to death, extending the right to children.

GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Intimidation

Russian activist gets three years

An activist who shed the light on the environmental impact of Olympic construction in Sochi was ordered Wednesday to serve three years in prison for spray-painting a fence.

A court in the regional capital of Krasnodar converted the suspended sentence given to Yevgeny Vitishko in 2012 into a prison term, accord-

ing to his lawyer, Alexander Popkov.

Vitishko and another activist, Suren Gazaryan, were found guilty in 2012 of "deliberate destruction of property" for spray-painting the fence of what they said was a local governor's property in a national forest where construction is forbidden.

Human Rights Watch called on the International Olympic Committee to urge Russian authorities to free the activist. **THE ASSOCIATED PRESS**

Nigeria

Extremists attack northeast town

Hundreds of Islamic extremists posing as soldiers attacked a northeast Nigerian town for hours, killing 39 people and razing a mosque and more than 1,000 homes, survivors said Wednesday.

In the ruins of the burned-out mosque, bodies covered in cloth lay ready for burial Wednesday, in-

cluding three small shrouds covering children who did not look more than 10 years old.

"Why us? Why us?" one woman wailed, trying to understand why militants set on creating an Islamic state in Nigeria would attack a town of mainly Muslim farmers.

Numerous villages in the area have been attacked and hundreds have been killed in recent months.

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Edmonton. Backpack offers grieving mother answers in son's suicide

Jan Thorpe finally has some answers about her son's death.

Jonathan Langille's backpack was returned to his mother Tuesday, less than a week after the 19-year-old was killed after stepping off the platform in front of an LRT train at Coliseum Station in Edmonton.

Following the accident, Thorpe made a public plea for help finding the backpack, which had been picked up by a bystander who watched as Langille took his own life.

"The girl who took it called us last night," said Thorpe. "She was very sorry about what happened."

In the backpack, Thorpe said, Langille left his journal, which included information about why he took his own life.

"He said he was overwhelmed," she said.



Jonathan Langille FACEBOOK

Thorpe said the family doesn't plan on pressing charges against the woman, who told Thorpe she was using drugs at the time she took the backpack. Thorpe said she hopes the young woman is able to get some help.

"Life is very short; never take anyone for granted," Thorpe said. "Jonathan showed no signs. If you feel like you are in a dark place, talk to somebody."

LEAH GERMAIN/METRO IN EDMONTON

Inquest. Cops should 'stop shouting' at mentally ill, focus on diffusion tactics

When police encounter an emotionally disturbed person, officers should put more emphasis on defusing the situation through communication, particularly if those people don't respond to shouted police commands, a coroner's jury recommended Wednesday.

The suggestion is one of dozens put forward by a five-member jury in an inquest into the deaths of three mentally ill Toronto residents who were shot by police.

"If the EDP (emotionally disturbed person) has failed to respond to standard initial police commands ... train officers to stop shouting those commands

and attempt different defusing communication strategies," the jury recommended.

The president of the Toronto Police Association said his officers are open to anything that improves police and community relations, they already do try to de-escalate such situations.

"Could it be better? Yes. We can always look for improvement," said Mike McCormack. "But right now that's how we do respond. Our officers do not want to use lethal force unless we absolutely have to, so we de-escalate and try to maintain that de-escalation for as long as we can." THE CANADIAN PRESS



Finance Minister Jim Flaherty gestures during question period in the House of Commons in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Income splitting exposes Tory rift

Tensions. Powerful Conservative ministers make contradictory statements on Harper campaign promise, but who spoke out of turn?

Two of the most powerful men in the Conservative cabinet have openly contradicted one another on a key campaign promise — a split that speaks to the different ideologies and allegiances in the Tory caucus. Finance Minister Jim

Flaherty started the ball rolling Wednesday by candidly questioning the wisdom of expanding income splitting for Canadian families.

During the 2011 election, Prime Minister Stephen Harper promised to bring in the measure once the federal books were balanced. Allowing couples with children to split their income would mean parents could pool their income together in order to qualify for a lower tax bracket.

"I would pay down public debt and reduce taxes more, myself, but I am only one person," Flaherty said in a post-

budget interview before the Ottawa Chamber of Commerce.

But Employment Minister Jason Kenney insisted the campaign promise would be kept, a sentiment echoed by Treasury Board President Tony Clement.

"We made a platform commitment to introduce income splitting when we get to a balanced budget; we'll get to a balanced budget next year, that's very clear," Kenney said.

So who spoke out of turn? Flaherty or Kenney?

One senior Conservative suggested Harper actually has his own reservations about

income splitting. The Tory suggested social conservatives within the party would be more in favour of such a plan because it appeals to traditional families where only one parent works.

Other Conservatives speculated that Flaherty is feeling free to speak his mind because he has one foot out the door.

There have been tensions between Flaherty and Kenney recently over Toronto Mayor Rob Ford. Flaherty is a friend of Ford's, and reacted angrily when Kenney called on Ford to step down.

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Florida boy's killer executed

Juan Carlos Chavez.
Murderer given lethal injection in Florida jail despite supreme court appeal



Juan Carlos Chavez THE ASSOCIATED PRESS

Lethal injection

Execution method inhumane?

An inmate scheduled for execution this month in Missouri is asking a federal judge to bar a compounding pharmacy from providing the drug to be used in his lethal injection.

Michael Taylor's lawsuit alleges that the Missouri Department of Corrections contracted with The Apothecary Shoppe to provide compounded pentobarbital for his Feb. 26 execution and alleges the drug could cause "an unnecessarily long and inhumane execution" for Taylor.

A man has been executed in Florida for raping and killing a 9-year-old boy 18 years ago, a death that spurred the victim's parents to press nationwide for stronger sexual predator confinement laws.

Authorities say 46-year-old Juan Carlos Chavez was pronounced dead at 8:17 p.m. Wednesday after a lethal injection at Florida State Prison.

Chavez abducted Jimmy Ryce at gunpoint after the boy got off a school bus on Sept. 11, 1995, in rural southwestern Miami-Dade County.

Last-minute appeals tem-

porarily delayed Wednesday's planned execution as Chavez's most recent round of state and federal court appeals focused on claims that Florida's lethal injection procedure is unconstitutional, that he didn't get due process during clemency hearings and that he should have an execution stay to pursue additional appeals in the federal courts. **THE ASSOCIATED PRESS**



U.S. South crippled by second winter storm

A Georgia Department of Transportation sign warns drivers of winter weather as they travel a bleak section of Highway 141 on Wednesday in Norcross, Ga. The second wintry storm in two weeks to hit the normally balmy U.S. South encrusted highways, trees and power lines in ice, knocking out electricity to more than 350,000 homes and businesses. At least nine traffic deaths across the region were blamed on the treacherous weather.

THE ASSOCIATED PRESS

Gay rights

Judge rules Kentucky must recognize out of state same-sex marriages

U.S. District Judge John G. Heyburn II concluded Wednesday that Kentucky must recognize same-sex marriages performed in other states, striking down part of the

state's marriage ban and saying Kentucky's laws treat gays and lesbians differently in a "way that demeans them." The constitutional ban on same-sex marriage was approved by voters in 2004.

"Assigning a religious or traditional rationale for a law does not make it constitutional when that law discriminates against a class of people without other reasons," wrote

Heyburn, an appointee of President George H.W. Bush.

The decision came in lawsuits brought by four gay and lesbian couples seeking to force the state to recognize their out-of-state marriages.

Heyburn did not rule on whether the state could be forced to perform same-sex marriages. The question was not included in the lawsuit.

THE ASSOCIATED PRESS

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Privatization failures spark unrest in Bosnia

Sarajevo is burning. Collapse of more than 80% of privatized companies has ignited widespread anger

The recent violence in Bosnia, with scenes of burning government buildings and protesters pelting police with stones, has many root causes. One of them is the failed privatizations of state-owned companies.

When Bosnia abandoned communism about two decades ago, officials devised a plan that wouldn't mean mass layoffs for state workers. It was supposed to be a smooth transition after the 1992-1995 war that left 100,000 dead and devastated the country's infrastructure.

But it has been a disaster for people like Munevera Drugovac, a 58-year-old widow, who works for a company that was bought by a businessman in 2004. She hasn't been paid in 19 months.

"Back then, I didn't have electricity and heating because of the war," she said. "Now, I don't have it because of unpaid bills."

More than 80 per cent of privatizations have failed, becoming a core reason behind Bosnia's worst unrest since the end of the war. Many well-connected tycoons have swept into these companies, stripping them of their assets, declaring bankruptcy and leaving thousands without jobs or with minimal pay.

After the breakup of socialist Yugoslavia, Bosnians knew little about capitalism



A Bosnian protester helps start a fire at a local government building during protests in the town of Tuzla last week. AMEL EMRIC/THE ASSOCIATED PRESS

and relied on Westerners for advice.

"We entered the process of privatization with people who had no idea what a mar-

ket economy was and without a rule of law," economist Svetlana Cenik said. "That's a recipe for disaster."

THE ASSOCIATED PRESS

What's the provenance? Israeli settlements face boycotts on home turf

These days, when Yaakov Berg tries to sell his award-winning line of Psagot boutique wines, he encounters obstacles from every direction. As a Jewish vintner in a West Bank settlement, his product is increasingly considered off-limits.

"Not just overseas, also in Tel Aviv," says Berg, 37. "So we have big problems. Actually, it's almost impossible to sell in (Tel Aviv) restaurants."

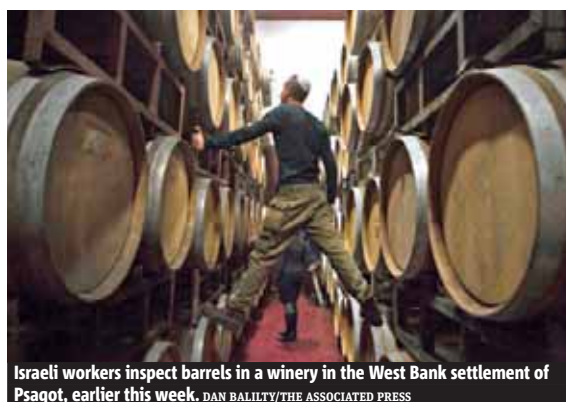
With Israel mired in a struggle to combat growing calls in Europe to boycott Israeli products and businesses with ties to the controversial settlements, a quieter and more informal campaign is

subtly emerging at home among Israelis themselves.

Israelis who may have long supported peace but also considered the settlements no big deal are starting to ask why Israel continues building there in the face of what looks like a rare global consensus against them verging on outrage.

And even among Israelis who consider the West Bank Israel's by right, there seems to be some discomfort now with continued investment in the West Bank instead of a genuine effort to address an internal housing crisis and other social ills in Israel.

THE ASSOCIATED PRESS



Israeli workers inspect barrels in a winery in the West Bank settlement of Psagot, earlier this week. DAN BALIITY/THE ASSOCIATED PRESS

That's a lot of dough. Canada Bread sold to Mexican firm for \$1.83B

Canada Bread has struck an agreement to be acquired by one of the world's largest bread companies in a transaction valued at \$1.83 billion.

Grupo Bimbo, based in Mexico, said Wednesday it will buy Canada's dominant breadmaker with the support of Maple Leaf Foods, which owns a 90 per cent stake in the operations.

What Grupo Bimbo gains from buying Canada Bread is a position in the Canadian marketplace and the ownership of popular brands like Dempster's and Bon Matin.

"The company fits exactly within our strategic soft spot as a leader in its domestic market," Grupo Bimbo chief executive Daniel Servitje said in a conference call.

"(This is) a new market for

Slicing off divisions

Maple Leaf Foods is in the midst of a restructuring plan to improve the profits of its overall business, which is primarily focused on meat products. It has already sold various divisions and hopes to complete the process by next year.

Grupo Bimbo which helps strengthen our presence in the Americas and one that had grown steadily and with little volatility in terms of pricing."

The transaction also ends Maple Leaf Foods' pursuit of a buyer for the bakery division, which it announced last October.

THE CANADIAN PRESS



U.S.-Canada relations

Time to prep for post-Obama era, says Jim Prentice

It's high time Canada started looking beyond the Obama era if it wants to push economic integration with the United States to a new level, says former Conservative Cabinet Minister Jim Prentice.

THE CANADIAN PRESS

Fourth-quarter results

Air Canada shares hit turbulence

Air Canada vowed it won't be thrown off course in 2014 even though its shares went into a tailspin Wednesday after severe weather and a weaker dollar hurt fourth-quarter results and promised to inflict more pain in the new year.

THE CANADIAN PRESS

Black Wednesday?

Bitcoin's value drops by almost 50% after freeze

A freeze on bitcoin withdrawals imposed by three major exchanges won't cause any long-term harm, entrepreneurs attending a bitcoin conference said. Bitcoin's value, which topped \$1,100 US in November, dropped below \$630 US Wednesday.

THE ASSOCIATED PRESS

United Auto Workers

Volkswagen to get das auto union in the U.S.?

Workers at Volkswagen's lone U.S. plant kicked off an election Wednesday about whether they want to be join the United Auto Workers union. THE ASSOCIATED PRESS



You could be a millionaire!

An Emirati consultant presents a drone prototype in Dubai, United Arab Emirates, on Wednesday. An adviser to Dubai's ruler says the UAE intends to develop drone technology for government services and has launched a \$1-million US international competition for the best innovative use of unmanned aircraft to help improve the lives of people. THE ASSOCIATED PRESS

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NUMBER OF HAPPY COUPLES: 12

Normally I'd say Valentine's Day is a holiday that should be cut short like its decapitated namesake.

Normally I'd argue it's not a real holiday unless I'm earning time and a half.

Normally I'd suggest that the only reason Valentine's receives any attention at all is that it lands when the weather is barren and any real holidays are far away. It's like a stranger in a bar when the lights come up. Our time with it might be awkward and trashy, but we'll take what we can get.

But I won't say any of that because I have a girlfriend for the first Valentine's this decade. So — just in case she cares — Valentine's is a wonderful, splendid day (wheee!) and I can't wait to spend it with her in whatever reasonably priced restaurant she desires.

As a loving tribute to my return to coupledness, I offer this fragrant bouquet of information:

Valentine's Day By The Numbers:



HE SAYS

John Mazerolle

metronews.ca

One: The loneliest number.

Two: The least lonely number.

Three: The soon-to-be-lonely-again number.

Four: The polygam-est number.

Relationships

13,491,617: Number of Canadians who would laugh in your face if you asked them out right now.

12: Happy couples.

700: Percentage spike in the crime rate since same-sex couples were allowed to marry and society crumbled.

1.3: Median number of children it will take to salvage your crumbling relationship.

580,000: Number of times someone will say, "I don't know, what do you wanna do?" on Valentine's Day (average three per couple).

170: Number of guys pretending they like Michael Bublé at any given moment.

5: Number of days after Valentine's you can wait before dumping your partner, guilt-free.

Zero: Number of unrequited loves thinking about you right now.

Gifts

\$356: Minimum amount your partner will spend on you if they really love you.

32: Number of insect larvae legally permitted in the chocolates you're about to receive.

15: Number of years until corporations automatically deduct a minimum \$100 directly from your chequing account as part of a Mandatory Incidental Love Fee, or MILEF.

8,732: Number of relationships that will spark with the heat of a thousand suns thanks to the gift of a heart-shaped doughnut.

60,000: Approximate number of bees killed annually for Bee Mine? card industry.

\$1.4 billion: Value of all Valentine's cards purchased in North America.

1.4 seconds: Average time spent glancing at card.

14,541: Number of Canadians unemployed in the candy, floral and gift card business because of you and your friends' cynical attitudes.

Fewer than 12: Number of minutes I spent on research.

ZOOM

Did Russia get this wrong?



COURTESY GREG WYSHYNSKI/YAHOO SPORTS

Rings' colours not tied to continents

No, the different-coloured Olympic rings don't correspond to specific continents.

But you'd be forgiven for thinking differently if you're going to or from Sochi's airport.

Five enormous concrete sculptures of the rings welcome visitors, each labelled in bold letters, in Russian and English, with the name of a continent: Africa, Asia, Australia (pictured), Europe, and the Americas.

THE ASSOCIATED PRESS

In actuality...

- International Olympic Committee spokesman Mark Adams says "the rings are not assigned to each continent."
- When Pierre de Coubertin, considered the founder of the modern Olympics, designed the rings a century ago, he chose black, red, yellow, green and blue because every flag in the world bore at least one of those colours, according to the Olympic Museum.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

So maybe those piano or violin lessons in elementary school didn't exactly stick, but surely you remember a scale or two. Test your musical memory, or just have fun making music with these apps that turn your phone into a handheld musical "instrument." Warning: This will annoy pretty much anyone in earshot and you will have way more fun creating "songs" than anyone will have listening to them.

Shaker:

Turn your phone into a pocket percussion centre. From the triangle to the tambourine to the tam tam, this free iTunes app has the drum section of your hand covered.

Harmonica:

Both Apple and Android have their eyes on the handheld harmonica (oh wait, real ones are also handheld), but

the Android version lets users get up close with their phones and play with their mouth (option for hands too, if you don't trust where your phone's been).

Virtuoso Piano 3:

Just like riding a bike, once you learn to play Heart and Soul you never forget. Or so no one's ever said. Test the theory and tickle the ivories on your phone.

Twitter

@metropicks asked: Canada's men's hockey team plays Norway Thursday. Should fighting be allowed in Olympic hockey?

@CALanuza: Yes, it brings excitement to the game; Remember this guys are pro athletes... #Sochi2014 #yyyc

@Dweller15: off course, what kind of question is it? What a hokey without fight?

@cndneh: why should fighting be allowed at all?

@Mr_B_Robertson: No. The greater

the threat of injury to NHL players, the greater the chance the NHL won't let its players go the Olympics.

@kkjohal769: NO!! fighting is not necessary send the right message to our young people

@larrington: with fighting allowed, world does not take NHL ice hockey seriously as a sport; it's just entertainment.

@MainStPoodle: Yes. And growling, chasing and biting.

Follow @metropicks and take part in our daily poll.

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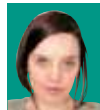

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A most VersaTile idea

Support local.

Customized coaster company set to roll out product nationwide



BACKSTAGE
PASS

Jen Traplin
ottawa@metronews.ca

A hobby that started out as a way to capitalize on the popularity of Instagram has become a full-time job for Dan Fallak, the owner of VersaTile, based in Almonte.

"It all started on a weekend, kind of on a whim. The genesis of it, I guess, was I wanted to see how I could put an Instagram photo on a coaster," Fallak explains.

"I read about CanvasPop, another Ottawa company. They were starting to allow people to log into their website with their Instagram account and print straight to canvas. I just thought it was a really smart idea to monetize a free service that everyone is using."

So he started researching image transfer methods and found a few different techniques, tested them out and settled on one he thought worked the best.

To get the image onto his tumbled marble coasters, Fallak, with the help of his wife, would print it onto white tissue paper, cut it to size, paste it to the tile and then spray it with a waterproof coating after it had spent hours drying.

He launched his website, vtiledesign.com, and started selling both custom coasters as well as stock



Chapters Indigo has ordered 1,700 sets of coasters for Father's Day.

coasters featuring various designs and statements.

"It grew from this hobby to make some extra money and it got to the point where it was burning us out. We were doing all these image transfers by hand, my mom was even helping me, and it got to a point where I didn't know if I could keep going," says Fallak.

So, by the end of 2012,

his first year in business, he quit his job with the federal government to dedicate himself to VersaTile.

Soon after, though, Fallak realized it couldn't be a full-time business if he was doing everything by hand.

"I needed to automate somehow," he says.

And that he did — purchasing a \$30,000 machine



Dan Fallak owns VersaTile, which is based in Almonte. BOTH IMAGES LAURA NORRIS

last fall that allows him to print directly to his stones.

"It's revolutionized my business," Fallak says.

It's also attracted a big name retailer — Chapters Indigo — which has ordered 1,700 sets of coasters for Father's Day.

"As soon as I got the equipment, I sent samples to Chapters' head office. Two months later, I got the

Details

Go to vtiledesign.com to connect to Instagram or Facebook to access and upload your photos to create your very own set of custom marble tile coasters.

purchase order and, here I am, ready to ramp up."



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Hey girl, Alex Pettyfer just wants to love

Be mine? Star of *Endless Love* claims he's just a big puppy dog when it comes to matters of the heart



**NED
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Metro World News in Hollywood

Alex Pettyfer is sorry to say he's a hopeless romantic at heart, which actually made signing on for the remake of *Endless Love* a no-brainer. Of course, we don't necessarily think there's anything wrong with being a softie.

This seems like a pretty intense film to make, emotionally. How did you approach it? Well, the most difficult thing about making this movie was that when you're 23 or 24, which is how old I am, you want to be 30. You want to be looked upon as a man. And I'm playing 18 years of age, and you kind of have to go back to that naïve way of



Endless Love, starring Alex Pettyfer, opens on Friday. CONTRIBUTED

thinking and that childlike energy. That was the hardest thing for me — the most fun, but the hardest.

I don't remember feeling that naïve and childlike at 18.

Yeah, we all think we know everything when we're 18.

The more a movie focuses on romance, the more some people will use that as an excuse to ask about your per-

sonal life. How do you cope with that?

I just say no. I'm very blunt. I don't really care. I don't really answer that.

What's your own personal

opinion of romantic films in general?

I love romantic films. I love *Love Actually*, I love *Bridget Jones*. I'm sad in that sense — I'm a sucker for a good rom-com. And I wanted to make

one. I'm so lucky that I've been given this opportunity to do a movie like this. I'm a hopeless romantic.

I don't think that's sad, to say that you like rom-coms.

Yeah, well... I mean, it's sometimes tough for a man to admit that they're a hopeless romantic.

I don't know, I feel like I've met quite a few in my time.

You have? You've met some hopeless romantic men? Well that's good. At least I'm not alone in that.

Are there any other directors you're just dying to work with?

I'd love to work (David) Fincher. The way he makes movies I find very interesting, the technique he uses. He does a lot of takes. He believes that the mentality of the actor fades after a certain amount of takes and then rebuilds his consciousness in a different light so that the view on the scene becomes different. So he does, like, 60 or 70 takes.

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Shia LaBeouf ALL PHOTOS GETTY IMAGES

LaBeouf, are you really #SORRY or is this piece just a pile of bull-Shia?

Shia LaBeouf is sorry. So sorry, in fact, that he's embarked on a "performance art" piece this week at a Los Angeles gallery space entitled #IAMSORRY. According to the gallery's press release, "Shia LaBeouf is sorry. Sincerely sorry. He will be in situ at 7354 Beverly Blvd. for the duration. Implements will be provided." Visitors are invited, one by one, to enter a curtained-off room where LaBeouf sits at a table in a tuxedo with a paper bag over his head, eye holes cut out. He

says nothing, responds to no questions, and then removes the bag to show that he is crying. LaBeouf is scheduled to be staring at visitors and crying through Sunday. Fans of pointing out LaBeouf's penchant for plagiarism have been happy to remark on the similarities between this stunt and Marina Abramovic's 2010 installation piece *The Artist is Present*, during which she would sit in a gallery and let strangers stare at her one at a time, eventually bursting into tears.

Lip-synch claims hitting Britney one more time

Britney Spears is being dogged by more lip-synching accusations after an Instagram video surfaced taken during her current Las Vegas residency that shows her microphone pack fly off her waistband, pulling her earpiece mic away from her mouth without effecting her vocal performance at all. It wouldn't be such a big deal if it weren't for claims made by Spears' team before the launch of the residency. "Britney Spears will be singing live



Britney Spears

during her show. She will not be 'lip-synching,'" her rep said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Will \$75M deal bring sizzle back to celeb cook's career?

Paula Deen has found a key ingredient to reheating her tarnished brand — a cash infusion worth at least \$75 million US from a private investment firm.

The Savannah-based celebrity cook announced Wednesday that she's launched an umbrella company that will oversee her restaurants, cookbooks, product endorsements and other remaining slices of her media empire. The new company, called Paula Deen Ventures, said private-equity firm Najafi Companies is investing \$75 million to \$100 million to help Deen make a

comeback.

Deen's fortunes took a dive last year after comments she made under oath during proceedings in a lawsuit, namely that she had used racial slurs in the past, became public. The Food Network dropped Deen, as did pork producer Smithfield Foods, book publisher Ballantine and several other companies that paid her to endorse their products.

In a statement, Deen praised the partnership with Phoenix-based Najafi and the decision to name Steven Nanula, who has already worked with Deen for the past two years, to serve as CEO of Paula Deen Ventures.

"I know this is the right decision to lead my team, as we continue to share quality products with my fans — whose love and support have built my brands," Deen said. **THE ASSOCIATED PRESS**



Eva Mendes

Eva X-es out rumours that she's with child after airport opt-out

Eva Mendes knows the consequences of being picky about security. The actress recently opted out of using a walk-in body scanner at the airport, prompting speculation that she's pregnant. "You know those X-ray scanners, which are really creepy? They basically see you naked," she tells Ellen DeGeneres during an interview. "And not only that, but there's a radiation aspect to it. So I always opt out. I always ask for a personal pat-down. That was good enough reason (for people

to assume I'm pregnant.)" Sure, but what about those breakup rumours circulating since she and Ryan Gosling haven't been spotted together since October? While Mendes' publicist was already quick to shoot down such reports, Mendes offers some jokey plans for Valentine's Day that pointedly do not include Gosling — at least not in person: "I'm not a big Valentine's Day person," she says. "I'll probably just order a deep dish and watch *The Notebook* or something. Just cry, weep."

Twitter



@EllenBarkin

Do you think I could be the "global ambassador" for Lay's potato chips?



@ActuallyNPH

I'm so proud of @RealHughJackman for hosting this year's Tony Awards and for calling me an hour ago to say, 'Suck it!'



@SarahKSilverman

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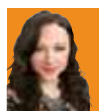
SHOPPERS
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Guess what's coming to Danielle

Who's that girl?

Canada's Danielle Knudson only told her family and a handful of close friends that she'd booked the campaign of a lifetime. I Guess everyone else is about to find out.



ELIZABETH BEDDALL
elizabeth.beddall@metronews.ca

When I meet up with Guess' new it-girl Danielle Knudson, she's surrounded by loose copies of her new ad campaign for the iconic brand. The spread features photos of the blonde bombshell frolicking in the late-afternoon Laguna Beach sunlight.

These images are in stark contrast to the surrounding polar-vortexed environment of our chat, which has left Danielle and I both sweater-bundled as we get warm inside the confines of the Guess boutique in Toronto's Queen West neighbourhood.

But while my pasty face and salt-stained boots give me away as a winter-whipped local, you'd think this new Guess girl, with her sunkissed skin and golden locks, was born and raised along the southern California shoreline. But make no mistake about it, she's Canadian.

You're now living the model's dream life in New York, but you were born and raised in Alberta. Is there anything you miss about home?

I loved growing up in Red Deer — I was there right



Danielle Knudson says her next goal as a model is to be featured on the cover of Sports Illustrated. We'd sign off on that!

HANDOUT

until I was 18. And my family now lives just outside of Banff. Going home, I still love going home to see the mountains. We have a ski hill in Red Deer that no one knows about called Canyon Ski Area, which is kind of hidden in the middle of nowhere. I spent many years growing up there skiing.

The story of your rise to

fame is an insanely quick one. As I understand you were at a shoot for another client and were asked to take a selfie, which was forwarded to Guess LA. Guess booked you that day, flew you out to LA that night and began shooting with you the next day. Correct? Yes, about six months ago I got booked for the look book. Paul Marciano came



to the shoot and met me and the agency called me and they put me on hold for everything and the rest is kind of history. It was like boom, boom, boom.

Tell me a little bit about the day of the Laguna Beach

shoot. What was the general itinerary?

The campaign was actually shot over three days. We woke up very early because the lighting was beautiful in the morning — maybe 5:30. It went by so quickly. We would do hair and makeup and go to location, and shoot so many looks. We'd shoot until the sun went down.

Paul Marciano was on set with you at this shoot as well. What's he like?

Paul has been so amazing — he's been so supportive of me. Always told me to be myself. He just made me feel like I'm important to the brand — that they wanted me there.

Flash forward a year from today. What do you foresee?

My life is changing very quickly — I'm taking everything in as it's coming my way.

She's got this in the bag

Purell on-the-go hand sanitizer
\$1.79, purell.com



Benefit's High Beam luminescent complexion enhancer.
\$32, sephora.com



L'Oréal Paris Colour Riche Balm
\$7.96, walmart.ca



Tabasco Sauce Miniature
\$0.55, tabasco.com
"I put hot sauce on everything I eat."

Canadian street style

Spotted in: Toronto

Name: Ailyn

Age: 19

Occupation: Film student

What she's wearing

Blundstone boots, thrift store denim jeans, winter cape from the ROM's boutique, lace shirt from Club Monaco, and Fjall-

raven Kanken backpack.

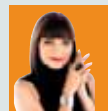
Her inspiration

"Normally I go vintage, stuff you'd find in your grandma's closet. I'm a kid stuck in the '90s. This outfit, however, is my winter hipster look."

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Guess who???? #MtTremblant #WeAreWinter #FreakinFreezing

3
LIFE

Best sofas to let sleeping dogs lie

Love your pup but not what he does to your furniture? Expert tips on buying pieces that can stand up to pets

Sydney Masters' dog Angus has white fur. But he loves to play and dig in the mud, so his paws are often brown. And that was a factor in Masters' choice of sofa.

"We didn't choose the lovely white sofa that I wanted. No! We chose a rich dark brown leather couch," said Masters, who shares a Manhattan apartment and a home in France with her husband, who is French, and with Angus, a West Highland terrier.

Finding furniture that dogs and cats won't ruin is a challenge. Here are some things to think about when you're buying furniture, along with some ideas for protecting it from fur, stains and scratches.

Leather

Many dog owners report that leather works well as a pooch-

"I would always suggest a fabric with a small pattern or texture — a herringbone pattern or small check creates a great disguise."

Designer Jay Jeffers



Designer Jay Jeffers relaxes with one of his two cavalier King Charles spaniels. CAVALIER BY JAY JEFFERS/THE ASSOCIATED PRESS

proof alternative to fabric. "It's that kind of glossed leather that repels water and dirt," Masters says. But leather might not work for households with cats, who may damage it with their claws, according to the Amer-

ican Humane Association's chief veterinary adviser Dr. Patricia Olson.

Microfibre

Some cat owners say that microfibre, a synthetic, velvety

suede-like material, is a good alternative. It's smoother and less appealing to cats than knits or woven fabric they can sink their claws into. And fur — from dogs or cats — is easily removed from microfibre with

a vacuum, lint roller or cloth. Microfibre can also be spot-cleaned.

Fabric

If you own pets and must have fabric-covered sofas, consider this advice from Jay Jeffers of the Jeffers Design Group in San Francisco: "I would always suggest a fabric with a small pattern or texture — a herringbone pattern or small check creates a great disguise."

And don't be afraid to camouflage your pet's fur. "In our house, the furniture is in similar colours to our pets so their fur blends in," Jeffers said.

Fabric slipcovers with zippers that are easily removed and washed are a plus. Some brands, like Ikea, sell fitted slipcovers for their sofas so they can be replaced easily.

A couch of their own

One way to keep pets off your furniture is to give them a couch of their own. Choices abound, from \$30 floor pillows at discount pet chains to \$1,200-\$1,400 US custom B-Home brand dog beds, sold at



A dog-sized sofa as an accent piece. ENCHANTED HOME PET/THE ASSOCIATED PRESS

Jeffers' design store, Cavalier — named for his two cavalier King Charles spaniels. Enchanted Home Pet sells classy dog-size sofas that look a lot like sofas for humans. They run \$60 to \$300 US depending on size, style and place of purchase; they're available online and in store.

Covering up

The simplest way to protect furniture from pets is a fitted slipcover or other covering designed to stay put and look neat. Matt Kovacs, owner of an English bulldog, Lulu, has tried a number of covers and recommends the SureFit brand. "Without the covers, furniture doesn't stand a chance."

THE ASSOCIATED PRESS

Kitty corners as big as all outdoors in a catio

When Carrie Fagerstrom was looking for a new home in Portland, Ore., her must-have list didn't include a spacious yard, plenty of closets or even a large kitchen.

Her highest priority: The comfort of her cats.

"I really wanted a house that would allow me to build a place for them," said Fagerstrom, who had visions of a catio out back.

A catio is essentially a cat's playground. It's an enclosed, covered area, much like a patio, that allows feline friends to be exposed to the outdoors, getting fresh air and scenery, while keeping them safe from predators.

"I thought it would be as simple as running wire on three sides and putting tarp overhead, but it wasn't that easy," Fagerstrom said. "It ended up being a much bigger project, but I love it."

Roughly \$5,000 later, her eight cats have room to roam in a catio filled with scratching posts, climbing apparatuses and even a drinking fountain. The space also contains human seating so that Fagerstrom and her friends can enjoy it as well.

"It's a very calm and serene place," she said.

Catios got their start with

Tips on building a catio

- Make sure the catio is fully enclosed, so cats cannot get out and predators cannot get in.
- Provide a view of the outdoors, and make sure fresh air comes in.
- Include toys and features your cats enjoy.
- Keep their litter box in the catio.
- Make the space pleasant for humans too, so you and your cats can enjoy the catio together.

cat breeders and at animal sanctuaries, but more and more cat owners have begun building them at home, according to Kate Benjamin, founder of hauspanther.com, an online magazine for design-conscious cat people.

A catio can be built in any home, no matter the size. While some people build large, elaborate ones, a small window enclosure also will work if you're short on space.

THE ASSOCIATED PRESS



Carrie Fagerstrom built this catio, which cost \$5,000 to add at her home, so her eight cats can enjoy the outdoors, but not the harmful elements that come along with it, in Portland, Ore. CARRIE FAGERSTROM/THE ASSOCIATED PRESS

Fall in love with a gluten- free delicacy



This recipe serves 12. JEFF COULSON

Sweet Week. These Flourless Chocolate Lava Cakes are perfect for any Valentine

1. In heatproof bowl over hot (not boiling) water, melt chocolate with butter, stirring until smooth. Stir in vanilla seeds. Remove from heat.

2. Whisk in sugar. Whisk in eggs and egg yolks, 1 at a time. Whisk in cocoa powder and salt.

3. Pour into twelve 3/4-cup (175 ml) ramekins; place on rimmed baking sheet. (Make-ahead: Cover and refrigerate for up to 24 hours. Bake as directed, adding 5 minutes to baking time.)

Ingredients

- 12 oz (340 g) bittersweet chocolate or semisweet chocolate, chopped
- 1/2 cup butter, cubed
- Seeds of 1 vanilla pod
- 2 cups granulated sugar
- 6 eggs

FLASH FOOD



From your fridge
to your table in
30 minutes or less

4. Bake in 425 F (220 C) oven until edges are set and centres are slightly jiggly when lightly tapped, about 15 minutes. Let cool on pan on rack for 3 minutes. Run knife around edges and turn out onto plates. Garnish with strawberries, and whipped cream. **EXCERPTED FROM CANADIAN LIVING: THE COMPLETE CHOCOLATE BOOK. COPYRIGHT © TRANSCONTINENTAL BOOKS, 2013. EXCERPTED BY PERMISSION OF TRANSCONTINENTAL BOOKS. ALL RIGHTS RESERVED. NO PART OF THIS EXCERPT MAY BE REPRODUCED OR REPRINTED WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER.**

Cookbook of the Week

Bringing the sexy
back to chocolate



The pros in the Canadian Living Test Kitchen have collected their best chocolate recipes in their book *The Complete Chocolate Book*.

Chapters focus on the varied, wonderful textures of chocolate treats. Craving an ooey-goey caramel-topped cake? A dark, chewy brownie? A crispy, crunchy cookie? This book has you covered. **METRO**

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Fall in love with these sweet ideas



**ASTRID
VAN DEN BROEK**
For Metro

Fantastic. How exactly did Valentine's Day sneak up on you? If you forgot to plan for Friday, let Deanna Lorraine help you out. This San Diego-based dating coach shares her best ideas for couples of all stages.

If you have just started dating

"Surprise her with a big bouquet at her work," Lorraine said. Or amaze your new beau with your gourmet side. "Take them to your place for candles, music and a gourmet meal you've prepared."

If you have been together a long time

"Plan a last-minute overnight trip to somewhere within driving distance or a quick flight away," Lorraine said. Have a look at travel websites to score last-minute flight and hotel deals.

Or surprise your partner with your thoughtfulness.



There are a number of ways you can impress your significant other this Valentine's Day. LUMINAIMAGES/SHUTTERSTOCK

"Pick up tickets to a concert or play they're interested in."

If you are single

Google can turn up many

singles events happening on Valentine's Day.

"Or create a singles event — throw an anti-Valentine's singles party," Lorraine said.

"And tell everyone to invite any single person they know."

Or how about taking a trip?

"Plan a trip with a friend who's single — a road trip or getaway for the weekend like New York or Vegas. So something you can look for-

ward to together. Make it an excuse to get out of town and away from all the couples."

If you are on a budget

Create couple coupons. "Make a book of coupons to redeem for a massage or a night of me cooking dinner for you," Lorraine said.

Or get scrapbooking. "Make either a physical or online book. There's some great cheap or free software online such as Animoto that you can put together video clips and pictures with music."

If you have a family

Do the kids like to celebrate with mom and dad?

"Create a big dinner and have everyone help cook—and also cook something you normally wouldn't," Lorraine said. "Have everyone dress up, too."

But it's important parents get some time together, too, she added.

"So after the kids are in bed, have a secret date in your master bedroom with a decadent dessert."

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Suggestions for your sweetheart



Customizable Perfect Tea Mug, \$22.250, available at DAVIDSTEAT, davidstea.com.



Lush Close To You massage bar, \$7.95, available at Lush, lush.ca.



Tissot Pinky for Valentine's Day, \$395, available at select retail locations across the country, tissot.ch.

Roots Lip Pouch Prince, \$26, available at Roots, roots.ca.



Gifts with a creative flair



**ASTRID
VAN DEN BROEK**
For Metro

Forget roses — this year, you want your Valentine's Day gifting to have a creative flair to it. So what to give?

Here are a few ideas for you to steal.

Instead of chocolate ...

Get some old-school candy. Does your love have a sweet tooth? Hit a retro candy store such as Sugar Mountain and put together a basket of Nerds, Lik-a-Maids, Necco Wafers, Laffy Taffies and more for a sweet night.

Or go the opposite route and give your love a chilled bottle of wine along with a gift bag of crackers, upscale cheeses and pates to ensure a romantic night in.

Instead of red roses ...

Get a balloon arrangement. Many flower stores also sell

balloon packages for someone who may get the sneezes with flowers.

Or pick up a piece of artwork at a local boutique or shop.

Instead of restaurant reservations ...

Get your inner Bobby Flay on and surprise your partner with a bag of groceries. You read that right — only your job will be to turn that bag into a gourmet meal at your place while your Valentine sits back and sips Merlot.

Or buy her favourite take-out, a bottle of wine and the kind of sappy movie that's only allowed to be seen on Valentine's Day. A cosy night at your place may just be for what your partner is looking.

Instead of a classic diamond engagement ring ...

Propose with a vintage ring you have picked out especially for her. Be sure to work



Instead of red roses this year, get a balloon arrangement for your sweetheart. GPOINTSTUDIO/SHUTTERSTOCK

with a vendor you trust to ensure you get a quality ring.

Or there are many alter-

nates to a traditional engagement ring. Think a black diamond, a ring featuring a ruby,

sapphire, emerald or topaz stone. Or you can browse craft sites such as Etsy.com to

find rings featuring petrified wood, square rings, rose rings and more.

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Skater's sacrifice sets up Morrison's silver



Speedskating. Gilmore Junio drops out of 1,000 metres to make way for teammate

How about having Gilmore Junio carry the Canadian flag into the closing ceremonies of the Sochi Olympics, says Denny Morrison.

How about having both long-track speedskaters lead Canada into Fisht Stadium?

Morrison, taking the place vacated two days earlier by his friend and teammate Junio, raced to silver in the 1,000 metres between a pair of Dutch skaters Wednesday to write the final chapter to a remarkable story of selflessness and doing the right thing.

"It's a dream, a fairytale story," said an emotional Morrison after earning his third Olympic medal in three Games. "It's difficult to really believe that it's happening."

Said Junio: "I think that's the big power of the Olympics. Anything can happen. Expect the unexpected."

Having come back from a broken leg the year before, Morrison agonizingly clipped a skate on his heel at the Canadian trials in December, falling 50 metres from the finish line and failing to qualify for

the 1,000 metres. There was a reskate an hour later at the trials, but his tank was empty and he missed out by four-hundredths of a second.

So the 28-year-old from Fort St. John, B.C., came to Sochi with a place in the 1,500 metres and team pursuit but as a reserve in one of his bread-and-butter distances.

Speed Skating Canada then approached Junio, a 23-year-old from Calgary who was 10th in Monday's 500 metres, and asked whether he would consider giving his place up to the veteran.

"It was 100 per cent my decision. They left it in my court," said Junio, who is better in the 500 than the 1,000. "They said 'You can talk to Denny.'"

"But it was an easy decision. The guy's been skating unreal these past few weeks and I wanted to see him skate the 1,000 metres."

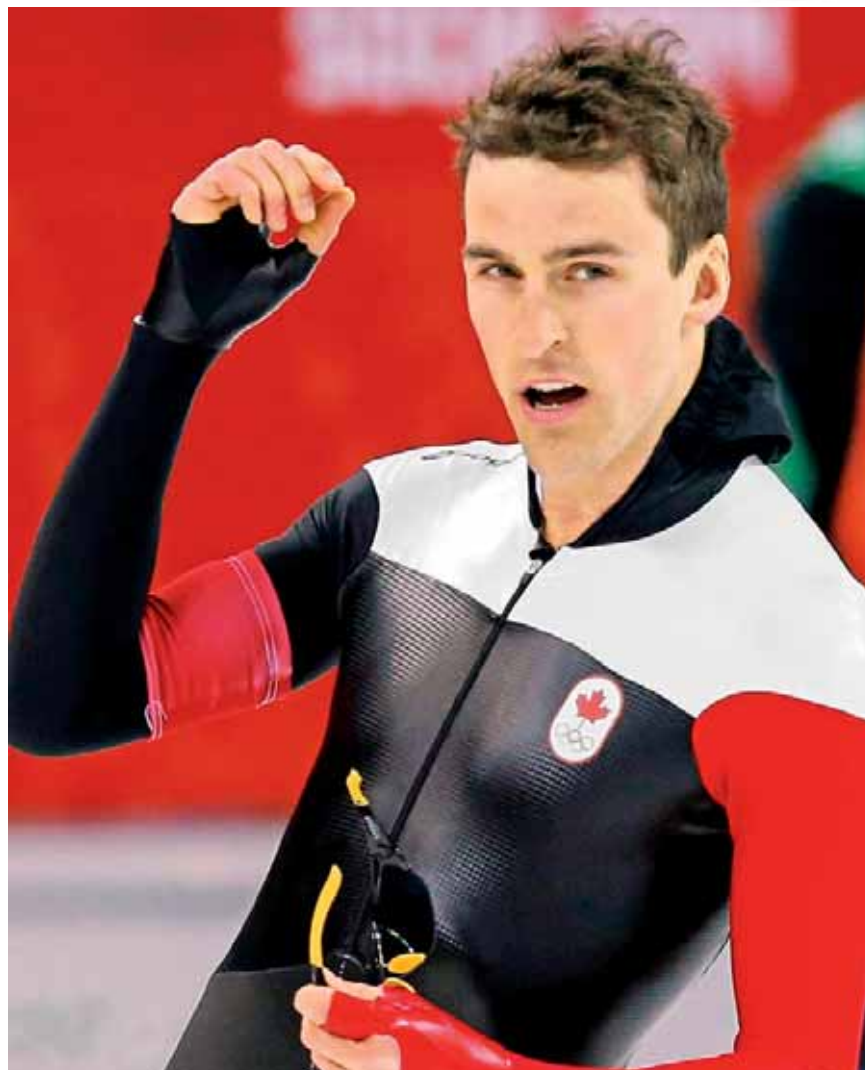
Junio also had his own reasons.

"I've a lot to learn in the 1,000 and I think the Olympics, representing Canada, isn't kind of the place to learn such lessons," he said. "We're here to perform. So I thought maybe in four years, hopefully my 500 will be good and my 1,000 will be even better, that I won't have to make this decision. Maybe someone will make it for me." **THE CANADIAN PRESS**

Olympic spirit

"Maybe that's something we can get behind, because I think that would be really special.... He does embody what it means to be an Olympian ..."

Denny Morrison, on the push to have Gilmore Junio as the closing ceremonies flag-bearer.



Silver medalist Denny Morrison celebrates after competing in the men's 1,000-metre speedskating race at the Adler Arena Skating Center in Sochi, Wednesday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Ontarians leave it all on the ice to finish in fifth



Kirsten Moore-Towers and Dylan Moscovitch compete in the pairs free skate figure skating competition at the Iceberg Skating Palace on Wednesday in Sochi. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Minutes after their program came to a smiling, giggling conclusion, Kirsten Moore-Towers of St. Catharines, Ont., and Toronto's Dylan Moscovitch were spontaneously committing to another four years.

"This is far too much fun," Moore-Towers said through a wide smile. "Yeah. Hell yeah. We say we're going to take it one year at a time, but why not, right? Dream big."

The Canadian skaters finished fifth Wednesday in pairs at the Sochi Olympics on a night Russia returned to its old ways, utterly dominating the

In the moment

"There was no forcing it, it just felt like a five-minute moment for us."

Toronto's Dylan Moscovitch

discipline. Tatiana Volosozhar and Maxim Trankov won the gold, while teammates Ksenia Stolbova and Fedor Klimov captured the silver.

Four-time world champions Aliona Savchenko and Robin Szolkowy of Germany had to settle for the bronze for the

second straight Olympics.

Meagan Duhamel of Lively, Ont., and Eric Radford of Balmertown, Ont., dropped from fifth after the short program to finish seventh. Paige Lawrence of Kennedy, Sask., and Rudi Swiegers of Kipling, Sask., were 14th.

Skating to "Fellini Medley" and looking elegant in all black, Moore-Towers — her golden hair pulled back with a pale pink rose — and Moscovitch skated virtually flawlessly save for their side-by-side triple Salchows. He doubled his.

THE ASSOCIATED PRESS



Natalie Spooner jumps on top of Meghan Agosta-Marciano of Team Canada after she scored the winning goal in the third period of Wednesday's victory over the United States in Sochi, Russia. JULIO CORTEZ/THE ASSOCIATED PRESS

Canada wins first battle against U.S.

Women's hockey. Agosta-Marciano's two goals lifts spirits of defending champions

A 3-2 win over the archrival United States was a big boost to Canada's confidence, but history shows Wednesday's result won't mean much if the two women's hockey powers face off for Olympic gold.

But after dropping four straight exhibition games to the Americans before their arrival in Sochi, the Canadian women could feel good about themselves heading into a four-

Preliminary Round	
3	2
Canada	United States

day break before Monday's semifinal.

Canada and the U.S. already had berths in Monday's semifinals locked down before their game.

Trailing 1-0 after two periods, Meghan Agosta-Marciano of Ruthven, Ont., scored a pair of goals and had an assist for the defending champions on

her 27th birthday.

Linemate Hayley Wickenheiser of Shaunavon, Sask., who was Canada's flag-bearer in the opening ceremonies, scored a controversial goal and assisted on Agosta-Marciano's equalizer.

Charline Labonté of Boisbriand, Que., stopped 25 of 27 shots for the win and stoned Kelli Stack on a short-handed breakaway in the second period. Coach Kevin Dineen's choice to put Labonté in goal was intriguing because Shannon Szabados has started in all world championship finals for Canada since her shutout of the Americans in the 2010 Olympic final. **THE CANADIAN PRESS**

Snowboarding

Disappointment for Duckworth

Canadian Alexandra Duckworth was eliminated in

the semifinal round of the women's halfpipe Tuesday at the Sochi Games.

Duckworth, 24, of Ottawa, finished 11th with 32.50 points. The top six athletes moved on to the

final round.

Kaitlyn Farrington of the U.S. won gold, followed by Australia's Torah Bright with silver and American Kelly Clark with bronze.

THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Tot.
Norway	4	3	5	12
Canada	4	4	2	10
Netherlands	4	2	4	10
United States of America	3	1	5	9
Russian Federation	2	4	3	9
Germany	6	1	1	8
Austria	1	4	0	5
Switzerland	3	0	1	4
Slovenia	1	1	2	4
Sweden	0	3	1	4

WHAT CANADA DID

WEDNESDAY

ALPINE SKIING

Women's Downhill - Larisa Yurkiw, Owen Sound, Ont., 20th, (one minute 43.46 seconds, +1.89 seconds)

CURLING

Women's Round Robin Session 4 - Canada 9

Britain 6 (Standings: Canada 3-0, T-1st)

Men's Round Robin Session 5 - Canada 7 Russia 4

(Standings: Canada 2-2, T-5th)

FIGURE SKATING

Pairs Free Program - Kirsten Moore-Towers (St. Catharines, Ont.) and Dylan Moscovitch (Toronto, 5th, (131.18); Meagan Duhamel (Lively, Ont.) and Eric Radford (Balmertown, Ont.), 7th, (127.32); Paige Lawrence (Kennedy, Sask.) and Rudi Swiegers (Kipling, Sask.), 14th, (103.01).

Final Pairs Ranking: Kirsten Moore-Towers and Dylan Moscovitch, 5th, (202.10); Meagan Duhamel and Eric Radford, 7th, (199.53); Paige Lawrence and Rudi Swiegers, 14th, (161.98).

ICE HOCKEY

Women's Preliminary Round - Group A - Canada 3 United States 2 (Standings: Canada 3-0, 1st)

LUGE

Doubles Run 1 - Tristan Walker (Cochrane, Alta.) and Justin Smith (Calgary), 4th, (49.857 seconds, +0.484 of a second)

Doubles Run 2 - Tristan Walker and Justin Smith, 6th, (49.983 seconds, +0.423 of a second)

Doubles Final Ranking: Tristan Walker and Justin Smith, 4th, (one minute 39.840 seconds, +0.907 of a second)

SNOWBOARD

Ladies' Halfpipe Qualification - Heat 1: x-Alexandra Duckworth, Kingsburg, N.S., 7th, (69.75); **Heat 2:** x-Katie Tsuyuki, Toronto, 9th, (54.25); Mer-

cedes Nicoll, Whistler, B.C., 12th, (43.50).

x-qualified for semifinals

Ladies' Halfpipe Semifinals - Katie Tsuyuki, 7th, (56.25); Alexandra Duckworth, 11th, (32.50).

Ladies' Halfpipe Final Ranking: Katie Tsuyuki, 13th; Alexandra Duckworth, 17th; Mercedes Nicoll, 25th.

SPEED SKATING

Men's 1000m - Denny Morrison, Fort St. John, B.C., **Silver Medal**, (one minute 8.43 seconds, +0.04 of a second); Vincent De Haître, Cumberland, Ont., 20th, (1:10.04); William Dutton, Humboldt, Sask., 26th, (1:10.61); Muncif Ouadi, Quebec City, 32nd, (1:11.07).

HOCKEY

PRELIMINARY ROUND

All times Eastern

MEN

Wednesday's results

Sweden 4 Czech Republic 2

Switzerland 1 Latvia 0

Thursday's games

Finland at Austria, 3 a.m.

Russia at Slovenia, 7:30 a.m.

Slovakia at United States, 7:30 a.m.

Canada at Norway, 12 p.m.

WOMEN

Group A

	GP	W	OTW	OTL	L	GF	GA	Pts
Canada	3	3	0	0	0	11	2	9
United States	3	2	0	0	1	14	4	6
Finland	3	0	1	0	2	5	9	2
Switzerland	3	0	0	1	2	3	18	1

Group B

	GP	W	OTW	OTL	L	GF	GA	Pts
Sweden	2	2	0	0	0	5	0	6
Russia	2	2	0	0	0	6	2	6
Japan	2	0	0	0	2	1	3	0
Germany	2	0	0	0	2	1	8	0

Note: Three points awarded for a regulation win, two for an overtime/shootout win and one for an overtime/shootout loss.

Wednesday's results

Finland 4 Switzerland 3 (OT)

Canada 3 United States 2

Tuesday's results

Sweden 4 Germany 0

Russia 2 Japan 1

Thursday's games

Japan at Germany, 3 a.m.

Sweden at Russia, 12 p.m.

CANADA 3, UNITED STATES 2

First Period — No Scoring.

Penalties — Lamoureux U.S. (tripping) 4:37, Ouellette Cda (holding) 10:59, Decker U.S. (Body Checking Minor) 17:47.

Second Period

1. United States, Knight 3 (Carpenter, Schleper) 37:34 (pp).

Penalties — Duggan U.S. (interference) 32:27, Johnston Cda (roughing) 32:52, Rougeau Cda (Body Checking Minor) 36:57.

Third Period

2. Canada, Agosta-Marciano 2 (Wickenheiser) 42:21 (pp).

3. Canada, Wickenheiser 2 (Spoonier, Agosta-Marciano) 43:54.

4. Canada, Agosta-Marciano 3 (unassisted) 54:55.

5. United States, Schleper 1 (Decker, Lamoureux) 58:55.

Penalties — Decker U.S. (tripping) 40:53, Pucci U.S. (hooking) 51:59.

Shots

Canada 8 11 12-31

United States 11 13 3-27

Goal — Canada: Labonte (W); United States: Vetter (L). **Power plays (goal-chances)** — Canada: 1-5; United States: 1-4.

Attendance — 4,812 at Sochi, Russia.

CURLING

All Times Eastern

MEN

Wednesday's results

Canada 7 Russia 4

United States 9 Denmark 5

Norway 8 Germany 5

China 5 Switzerland 4

China 11 Germany 7

Britain 4 Switzerland 2

Denmark 8 Sweden 5

Thursday's games

Switzerland vs. Russia, 5 a.m.

Canada vs. Denmark, 5 a.m.

Norway vs. Sweden, 5 a.m.

Britain vs. United States, 5 a.m.

WOMEN

Wednesday's results

Canada 9 Britain 6

Japan 8 Russia 4

China 7 United States 4

Sweden 7 South Korea 4

Thursday's games

Canada vs. Denmark, 12 a.m.

China vs. Britain, 12 a.m.

Switzerland vs. Sweden, 12 a.m.

Sweden vs. Denmark, 10 a.m.

Russia vs. South Korea, 10 a.m.

Switzerland vs. Canada, 10 a.m.

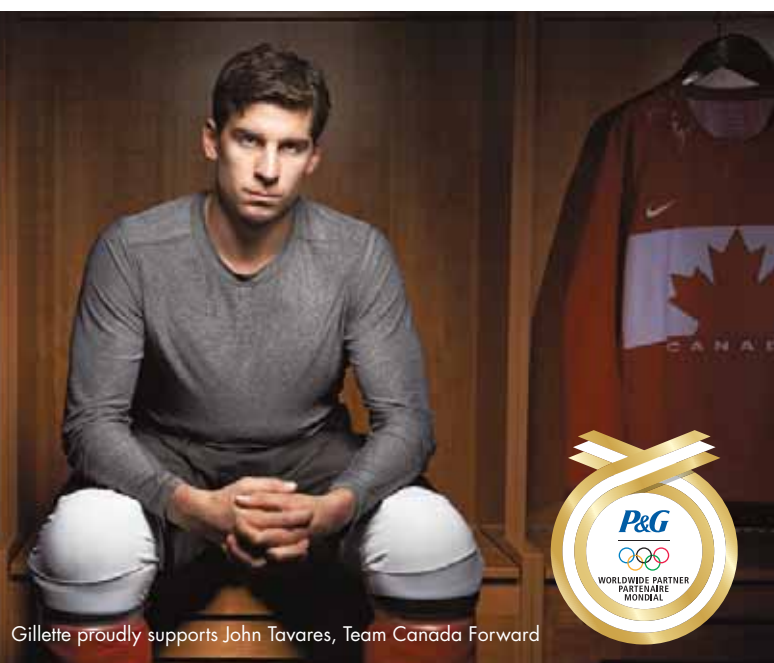
Japan vs. United States, 10 a.m.

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Monkey still on Canadian lugers' backs

The team of Tristan Walker and Justin Smith from Canada slide down the track past spectators during the men's doubles luge at the 2014 Winter Olympics on Wednesday in Krasnaya Polyana, Russia. Walker, from Cochrane, Alta., and Smith, from Calgary, were a whisker away from becoming the first Canadians to win an Olympic luge medal, coming just five-hundredths of a second short of a podium appearance. Tobias Wendl and Tobias Arlt of Germany left with the gold medal. NATACHA PISARENKO/THE ASSOCIATED PRESS

Price gets first shot in gold medal defence

Men's hockey. Habs goalie to start for Canada vs. Norway; Luongo will get his turn against Austria

Even though Roberto Luongo finished the Olympics four years ago, he won't start Team Canada's run at defending that gold medal.

Coach Mike Babcock chose to split the goaltending duties out of the gate in Sochi so it will be Carey Price facing Norway in Canada's opener on Thursday while Luongo will play Friday against Austria.

Babcock delivered the news to the goaltenders on

Wednesday, roughly 36 hours before puck drop of the Norway game. Babcock didn't give a rationale for why he went with this order.

"I was going to play one of them in (each of) the first two games," Babcock said. "If I had put Luongo in, you'd be asking me the same question."

Recent performance certainly seemed to give Price the edge. In his past six NHL games for the Montreal Canadiens, Price is 4-1-1 with two shutouts, a 1.15 goals-against average and .967 save percentage.

Luongo is 1-5-0 with a 3.55 GAA and .880 save percentage in his past six for the Vancouver Canucks. He appeared to accept Babcock's decision.

"We're all here to play for

Team Canada, man," Luongo said.

"It's not about one player. We're all pulling the same rope. It's a team game right now. It's not about Roberto Luongo or Carey Price or Mike Smith. It's about being part of Team Canada. It doesn't matter what role you are given, you have to embrace it and accept it."

Price, who will be making his Olympic debut, said all three goalies were all mentally prepared for anyone to start the tournament. That Babcock called on him this time is a career highlight.

"I seem to have had a lot in my young life so far," Price said. "It definitely ranks up there."

It wasn't immediately clear whether Price and Luongo would dress for both games, or if Smith would get a turn. Babcock also didn't reveal if he has decided on a starter for Sunday's game against Finland.

The decision will likely be made based on how well the goalies perform in their first games. **THE CANADIAN PRESS**

Quoted



"Like we saw last time around, things change quickly and whoever's playing doesn't matter as long as all three guys, really, are ready to play."

Roberto Luongo, who replaced Martin Brodeur as the starter in 2010.

Women's curling. Jones benefits from risky shot played by British skip

A missed gamble by British skip Eve Muirhead allowed Canada's Jennifer Jones to remain unbeaten in women's curling round-robin play at the Sochi Olympics.

With the clock running down and her team behind 8-6 to Canada at the women's Olympic tournament, Muirhead could have played an easy draw to the button with her last stone to take a tense game to an extra end at 8-8.

Instead, she gambled on removing three tightly bunched Canadian rocks to pick up three points for the win. The move backfired, and Canada clinched a 9-6 victory to stay unbeaten in three round-robin games.

"It was a gamble but ... that's the skip," Muirhead said. "They get the glory when they make them or the slack



Jennifer Jones calls a shot during her match against Britain on Wednesday. THE ASSOCIATED PRESS

if they miss them."

Jones said she "probably would have thrown the draw to go to the extra end."

Canada will play twice on Thursday, against Denmark followed by Switzerland.

THE CANADIAN PRESS

Men's curling

Jacobs rink back on top of its game to beat Russia

After a surprisingly poor start to the tournament, Brad Jacobs' rink decided to watch video clips of its victories in the national Olympic trials to fire them up.

It seemed to work, as Canada silenced a boisterous pro-Russia crowd and beat the hosts 7-4 Wednesday

in men's Olympic curling action.

The Canadian rink from Sault Ste. Marie, Ont., scored four in the fifth end and held off the Russians to improve to 2-2 in the tournament.

The win was a welcome relief for the Canadians, who entered the match following tough back-to-back losses to Switzerland and Sweden.

Canada is tied for fifth with Denmark in the standings. Jacobs will look to move up the rankings when his foursome faces the Danes on Thursday. **THE CANADIAN PRESS**

Sweden beats Czech Rep.

Karlsson tallies twice in opening win

Erik Karlsson's impressive Olympic debut demonstrated why Sweden has more than enough talent to win it all.

Karlsson scored two goals in his first Olympic game, captain Henrik Zetterberg added a goal and Sweden beat the Czech Republic 4-2 Wednesday night in preliminary-round play in men's hockey.

Patrik Berglund also scored and Henrik Lundqvist made 27 saves as the Swedes opened the Sochi tournament with a display of their formidable offensive depth.

Also on Wednesday, Switzerland defeated Latvia 1-0 by scoring with just 7.9 seconds left in the game.

THE ASSOCIATED PRESS

CFL. Redblacks sign former most valuable defensive player

The expansion Ottawa Redblacks bolstered their defence on Wednesday with the signing of defensive back Jovon Johnson and linebacker Malik Jackson.

Johnson, 30, was the CFL's most valuable defensive player back in 2011 when he recorded eight interceptions, 55 tackles and two defensive touchdowns with the Winnipeg Blue Bombers.

In seven seasons, the five-foot-nine, 189-pound native of Erie, Penn., has 372 tackles, 23 interceptions and six defensive touchdowns.

The 28-year-old Jackson recorded 217 tackles and seven fumble recoveries during his five years in Calgary, despite

Opening the vault

The Redblacks will make their home debut in their new stadium, TD Place, on July 18 against the Toronto Argonauts.

missing most of the 2013 campaign due to injury.

Also on Wednesday, it was revealed the Redblacks will play their first-ever game on the road.

The CFL unveiled its 2014 schedule and the Redblacks will begin the regular season in Winnipeg against the Blue Bombers on July 3.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

You need to be a bit more mysterious, especially on the work front. Keep both colleagues and rivals at arm's length and don't forget that knowledge is power.

Taurus

April 21 - May 21

If you say one thing but do another, you leave yourself open to charges of hypocrisy. You don't need to cut corners or bend the truth. You have so much going for you that you will still come out ahead.

Gemini

May 22 - June 21

As your ruler, Mercury, continues its retrograde phase, you need to be on your guard. It's likely that someone will try to cheat you in some way. But now that you know that, it won't be so easy.

Cancer

June 22 - July 23

Your mind may be working fast and you may have come to conclusions that satisfy you but are you sure they're correct? Listen to your inner voice and act on what it tells you, even if you don't understand it.

Leo

July 24 - Aug. 23

One of your secrets could be dangerous if others get to know about it. Make sure you don't say anything today that might give your opponents a clue what you've been up to.

Virgo

Aug. 24 - Sept. 23

It's important that you are honest about your feelings. If you keep them to yourself, negative emotions may build up to the point where an outburst of some sort is more likely than not.

Libra

Sept. 24 - Oct. 23

Be careful what you say over the next few days because certain people won't take kindly to you making light of things that they take seriously.

Scorpio

Oct. 24 - Nov. 22

There is still time to make your feelings known. But if you leave it too late in the day, the opportunity will slip by and it won't come again for quite a while. Don't worry that you might be rejected.

Sagittarius

Nov. 23 - Dec. 21

You'll get more done if you take a gentler approach to partnership matters. Put yourself in their shoes and imagine how you'd feel if someone talked to you the way you talk to them at times.

Capricorn

Dec. 22 - Jan. 20

You may want to be open but with communications planet Mercury now moving retrograde, you would be wise not to give too much away. Anyone asking personal questions is not to be trusted.

Aquarius

Jan. 21 - Feb. 19

If you need to make some extra money then you will have to go into partnership with someone who shares your ambitions. You will also need to have a contract that commits you both.

Pisces

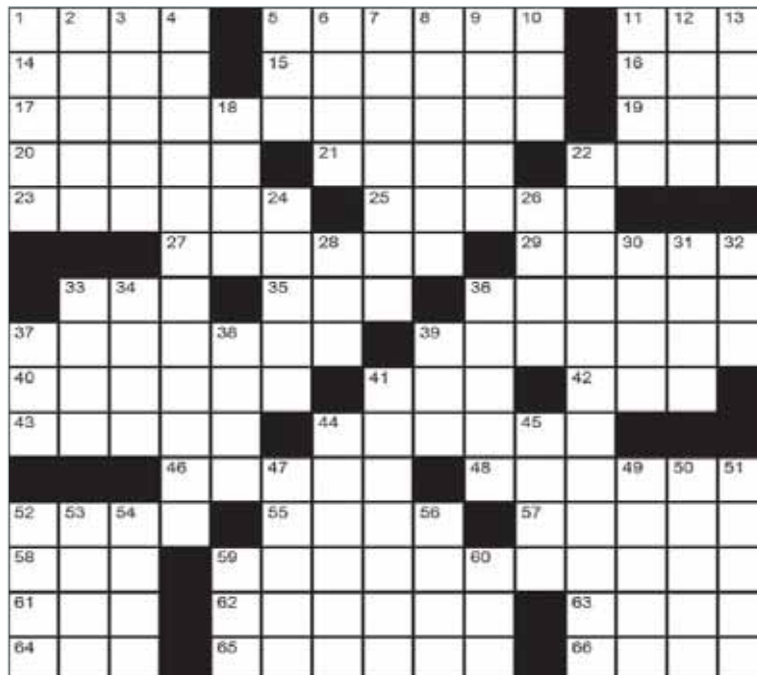
Feb. 20 - March 20

You may not be as ambitious as some but you have no end of dreams you would like to see come true. One dream has your attention now, but is it a realistic dream or is it a fantasy dream? **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Very, in Versailles
- Lightly blots: 2 wds.
- Stir
- Retro-style pop syllable
- "Game of Thrones" actress Ms. Clarke
- Cut back
- "Roxy Roller" band from Vancouver: 2 wds.
- Litigate
- France's capital, colloquially
- Brasi, "The Godfather" (1972) enforcer
- Cob's stuff
- "Man of Steel" (2013) director, Zack
- Lord's house
- Swiped
- Jabbed
- 'Neat' suffix
- Food container
- U2 tune
- Anastasia's family, House of
- Historic theatre in Russia
- Sam Worthington movie
- Oz musical, The
- Initials-sharers of Miranda's portrayer on "Sex and the City"
- "___", with Love" (1967)
- Roman orator
- Man-made



- material
- Wanting to throw up feeling
 - SOCHI 2014 - One of the Olympic symbol's five
 - Banff National Park animals
 - Trims
 - Fabric belt
 - Robin Thicke's

- actress wife: 2 wds.
- Guys
 - Actor, Haley Joel
 - Rihanna's "___ Boy"
 - Lumberjack's tool
 - Styles
 - River of Flanders
 - Down**
 - Chef's li'l amounts

- "Laugh-In" co-host Dan
- Manicurist's board
- SOCHI 2014 - Winter Olympics sport: 2 wds.
- Billy Williams link
- acetate (Banana oil)
- Tar-like deposit found in Alberta's oil

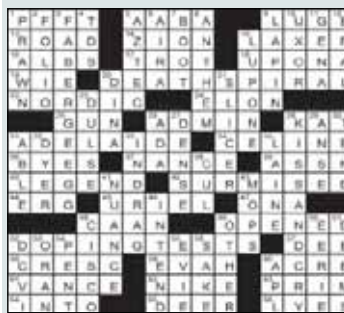
- sands
- BC's ___ Valley
 - Mr. Quinn
 - Bit
 - Too
 - Glum
 - Airy
 - Old depilatory brand
 - SOCHI 2014 - Winter Olympics sport

- Revolving mechanism
- German-built car
- Ms. Tyler
- "Jeopardy": 1983 hit for The Greg ___ Band
- Greek Myth: God of love
- Agnus ___ (Mass prayer)
- De ___ (Again, in Latin)
- "Misty" line: "Look at me / ___ helpless as a kitten up a tree..."
- Bakery quantity
- Rodent
- ___ a soul
- Pen brand
- City in southern Manitoba's Pembina Valley
- Structure support in architecture
- Tabula ___ (Clean slate)
- Rent
- Position, fancy-style
- Lyric poem variety
- Lou Grant's portrayer Ed
- Tomato type
- Wild goat
- Ten - One = This
- Rational
- 1990s fad game disc
- Liq. measures

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



-5°/-12°
Variable

Friday



-3°/-15°
Flurries
60%

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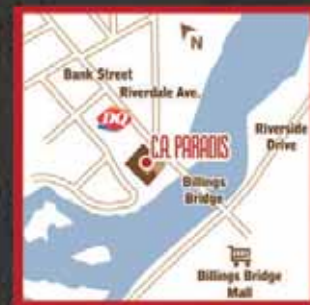


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